

Eggless Tofu Salad Sandwich

(Makes 4 servings)

(V) – This recipe is a vegan option recipe!

Enjoy this tofu spread as is, or add a personal touch– capers, chopped onion, fresh herbs (beyond those listed here), bell pepper or olives. This recipe is dairy-free.

Ingredients:

- 1 lb. firm low-fat tofu, well drained
- ½ cup soy mayonnaise
- 2 tsp. Dijon mustard
- ¼ tsp. chopped garlic
- 1/8 tsp. turmeric
- 1 Tbs. chopped fresh parsley
- 1 tsp. chopped fresh tarragon or ¼ tsp. dried
- Salt and ground black pepper to taste
- ½ cup diced celery
- 2 Tbs. finely chopped scallions
- 8 slices whole-wheat bread
- 2 large carrots, grated (1 ¼ cups)
- 1 cup sprouts, such as clover or alfalfa

Directions:

- 1) Put tofu into medium bowl. Using your hands, crumble until texture resembles mashed eggs.
- 2) Add mayonnaise and stir to blend. Stir in mustard, garlic, turmeric, parsley, tarragon, salt and pepper. Then stir in celery and scallions until blended.
- 3) On work surface, place 4 slices of bread. On each slice, layer tofu salad, carrots and sprouts. Top with remaining bread, cut sandwiches in half and serve.

Nutritional Analysis: (per serving)

- Calories: 333
- Fat: 10 g
- Saturated Fat: 2 g
- Carbohydrates: 48 g
- Fiber: 8 g
- Cholesterol: 0 mg
- Sodium: 788 mg
- Protein: 16 g

Terra's Tips (Dieticians' Note):

- I don't add the sprouts or carrots as garnish to save time.
- I use dried parsley instead of fresh - it's cheaper.
- I also add extra celery to make it crunchier.
- You can use low fat mayo or miracle whip if you don't want to buy soy mayonnaise.
- ENJOY!!!!!!!!!!

Source:

Recipe courtesy of Terra Weston, RD